Wake Forest Stake Center Parenting Course
Sundays: March 2 – April 27, 2025

Classes at Wake Forest Stake Center
1524 Jenkins Road Wake Forest, N.C. 27587
Classes start at 7:00 pm
(except on March 9th only, it will start at 7:30 pm)
In the Relief Society Room

Zoom link:
https://us06web.zoom.us/j/83911445600?pwd=rNkFghEzvPCY4xHKycE82yP5d7JDai.1
Meeting ID: 839 1144 5600 Passcode: 859995

LESSON	**Smarter Parenting.com Skill Video Name**	**Teaching-Family Model Skill Name**	**Gospel Principles Applied in this Skill**
#1: March 2, 7:00 pm	A Foundational Skill	Observe and Describe	Truth, Mercy, "Judge Not"
"	Reinforce Good Behavior	Effective Praise	Charity, Kindness, Persuasion, Meekness, Humility
#2: March 9, 7:30 pm	Doing What is Expected	Following Instructions	Law of Obedience, Humility, Kindness
"		Accepting "No" for An Answer	Law of Obedience, Meekness, Humility

“		Disagreeing Appropriately	Charity, Seeking Blessings, Long Suffering, Humility
“	Science of Behavior Change	Role Playing	Teaching, Humility
#3: March 16, 7:00 pm	Teaching Not Punishing	Effective Negative Consequences	Long-Suffering, Accountability, Agency, Charity, Kindness,
#4: March 30,	Correcting Bad Behavior	Correcting Behaviors	Accountability, Teaching, Agency, Mercy
#5: April 13,	Strengthen Relationships	Effective Communication	Charity, Mercy, Humility, Long Suffering, Meekness
#6: April 27,	Positive Behavior Strategy	Effective Positive Rewards	Accountability, Blessings, Charity, Mercy, Kindness
#7 and #8 May 4,	Preparing for Success Teaching Accountability	Preventive Teaching Decision Making (SODAS)	Teaching, Agency, Kindness Agency and Influence

An Introduction

This course's goal is to provide a road map for implementing the 121st Section of the Doctrine and Covenants and Moroni 7:45 in the parenting context by using proven evidence-based strategies.

It is Eric Bjorklund's perception that the Teaching-Family Model provides a systematic way to implement the weightier principles of the Gospel of Jesus Christ in a family setting even though the Model itself was created out of an academic/research setting.

The skills provided on SmarterParenting.com were reviewed by the Church of Jesus Christ of Latter-day Saints, which added them as a link from the Church's website as recommended resources for all members. The parenting lessons of Smarter Parenting can be directly accessed from the Church's website by going to: https://www.churchofjesuschrist.org/comeuntochrist/belong/family/parenting-strategies-and-resources , scrolling down a little and then clicking on "9 Parenting Lessons."

The same skills videos can also be reached by going directly to SmarterParenting.com and going to the "Skills" link at the top of the home page. Smarter Parenting has created 2 additional skills videos since the Church created its link so we will be covering 11 videos in this workshop.

SmarterParenting.com and these 11 videos will become our resource throughout these classes for learning the actual application of Gospel Principles in the parenting world, especially with difficult children.

Introduction to Eric Bjorklund

- Married to Sylvia Bjorklund (She is still parenting him.)
- Parents of 5 children and 18 grandchildren.
- Professionally a lawyer
- Not a clinician or therapist
- For 37 years he was President of Utah Youth Village, a charity dedicated to healing and elevating the lives of troubled children and families. He retired in 2022
- Eric has advocated for and used the Teaching-Family Model since 1981. He received the lifetime achievement awards from the international Teaching-Family Association and separately from the Utah Nonprofit Association. He received the 2012 Ernst & Young Entrepreneur of the Year Award for his social entrepreneurship in the application of the Teaching-Family Model to Alpine Academy, a program of Utah Youth Village. He has served in numerous leadership roles dealing with child welfare issues nationally and locally. He

chaired the 1988 National Conference on Child Abuse and Neglect and received the Utah Youth Village Helping Hand award in 2022.

- Eric has served in many callings in the Church as diverse as serving in the Nursery to serving as Bishop.
- Eric's email address is ewbjorklund@gmail.com or eric.bjorklund@missionary.org . His phone # 801 631-6921

Teaching-Family Model

The Utah Youth Village Families First application of the Teaching-Family Model has earned "Well Supported Evidence Based" status by the U.S. Prevention Services Clearinghouse.
https://preventionservices.acf.hhs.gov/programs/644/show

Only a handful of treatment practices have received this very high level of treatment efficacy. It means it is scientifically proven to be effective when appropriately applied. In the Child Welfare world it is the equivalent of the Olympic Gold Metal.

It is a Skills based intervention – not a clinical intervention. It works great for parents, grandparents and teachers. Our parenting class will be sharing the principles of this evidence-based practice.

· Utah Youth Village has successfully shared the Teaching-Family Model with hundreds of thousands of people and families in the following different settings:
- Group Homes (Salt Lake Area)
- Alpine Academy Residential Treatment (Nationally)
- Treatment Foster Homes (Utah)
- Families First In-Home treatment (Utah and Nationally)
- Mentoring services (Utah)
- SmarterParenting.com (World-wide)

A Video that explains the Teaching-Family Model's creation:
https://www.youtube.com/watch?v=xPThHXT8GDQ&t=30s

The Teaching-Family Model is relationship focused. The skills all work within two main themes:

- Teach your child their value and instill confidence.
- Teach your child to be pleasant, responsible and accountable while maintaining a good relationship with the child.

General Considerations:

1. Changing children happens when adults change. The Teaching-Family Model aims to help children by focusing on the behaviors of the adults in the child's life. This course is primarily about **changing the way parents behave** and thereby healing and elevating their children's lives

2. Parenting takes **raw time**. Choose to give it.

3. The Teaching-Family Model provides a compartmentalized strategy for applying the **weightier laws of the Gospel** in a family setting.

For a general explanation of the basics of the Teaching-Family Model watch *Understanding Behavior*, a parenting skills video on the Smarter Parenting website: https://www.smarterparenting.com/skills/the-abcs-of-behavior

Related Podcasts--*ADHD Parenting Podcast* (part of the Smarter Parenting website):

- #46: Understanding the ABC's of Behavior
- #58: The Teaching-Family Model is relationship focused
- #69: 4 ways to increase your relationships and fix behavior
- #70: Feeling frustrated and overwhelmed
- #86: Why kids act up
- #87: Understanding what causes tantrums
- #106: When parents aren't on the same page
- #113: Why the Teaching-Family Model creates lasting change
- #117: I am not the parent I thought I would be
- #147: When parents disagree on parenting
- #150: Dealing with parenting differences and finding common ground